

Hope Centre Health Care

240 POWERS STREET
PHONE: 204 589 8354

MONDAY – FRIDAY

9 am to Noon & 1 – 4pm

WEDNESDAY

10 am to Noon & 1–4 pm

MONDAYS: *Wpg Harvest Food Bank*

1:30 - 3: 00 pm Call to register: 204 982 3660

TUESDAYS: *Stretch & Bike*

1:30 -2:00 pm Drop in for FREE Exercise

WEDNESDAY: *Healthy Start*

Call for info @ 204 949 5350

THURSDAYS: *Kookun & Mooshum Drop—In*

Drop in for a Grandparent Gathering

FRIDAY: *Chair drumming & Chair Yoga:*

11:00 - 11:30 Drop in for FREE Exercise

FRIDAY: *Diabetes Educator*

Call for an appointment @ 204 589 8354

NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kookum & Mooshum	2 Chair drumming Chair Yoga Diabetes Educator	3
4	5	6 Stretch & Bike	7 Healthy Start	8 Kookum & Mooshum Drop-in	9 Nutrition Bingo Diabetes Educator	10
11	12 Wpg Harvest Food Bank	13 Stretch & Bike	14 Healthy Start	15 Kookum & Mooshum Drop-in	16 Chair drumming Chair Yoga Diabetes Educator	17
18	19	20 Stretch & Bike	21 Healthy Start	22 Kookum & Mooshum Drop-in	23 Chair drumming Chair Yoga Diabetes Educator	24
25	26 Wpg Harvest Food Bank	27 Stretch & Bike (Last class)	28 Healthy Start	29 Kookum & Mooshum Drop-in (Wind up)	30 Chair drumming Chair Yoga (Last class)	